



Quick Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 4 kirby cucumbers cut into 1-inch slices on an angle
- 1 teaspoon optional: dill dried
- 1 clove cracked garlic
- 1 teaspoon mustard seed
- 1 teaspoon salt
- 2 teaspoons sugar
- 0.5 cup vinegar white

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat small saucepan over medium high heat.
- Add vinegar, sugar, mustard seed, salt, and garlic to the pan and cook until it begins to simmer and sugar dissolves. Toss the dill, bay leaf, and sliced cucumbers together in a heat-proof bowl.
- Pour the simmering liquid over the cucumbers and stir to evenly coat. Allow to cool to room temperature or chill before serving.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:2.13, Inflammation Score:-4, Nutrition Score:6.8708695510159%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.08kcal (2.75%), Fat: 0.77g (1.19%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 6.85g (2.49%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 588.78mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin K: 21.65µg (20.62%), Manganese: 0.28mg (14.05%), Potassium: 425.74mg (12.16%), Vitamin C: 10.02mg (12.15%), Copper: 0.22mg (11.2%), Folate: 43.28µg (10.82%), Magnesium: 40.45mg (10.11%), Fiber: 2.25g (8.99%), Vitamin B6: 0.17mg (8.5%), Vitamin B5: 0.73mg (7.31%), Phosphorus: 73.02mg (7.3%), Vitamin B1: 0.1mg (6.77%), Calcium: 52.31mg (5.23%), Iron: 0.89mg (4.94%), Vitamin B2: 0.08mg (4.65%), Vitamin A: 232.47IU (4.65%), Zinc: 0.58mg (3.86%), Selenium: 2.14µg (3.06%)